

WASH YOUR HANDS



1
Remove jewellery and watch.
Wet hands with warm water.



2
Use lots of soap.



3
Scrub 20 seconds.
Clean wrists, palms, back of hands, and between fingers.



4
Rinse with warm water. Be sure not to touch the side of the sink.



5
Dry completely with paper towel or with an air dryer.



6
Use a paper towel to turn off water and open door
to protect from recontamination.

